



## Revisiting the Chakras IV

Dear EndorphinFriends,

Hello EG community! And with a sigh of glee, it is December! We hope all who celebrated Thanksgiving had a good one. There is always, always, always something to be grateful for. Now the festivity of December are upon us. This is a favorite time of year for the EGFam. December in our family has always been filled with get-togethers, moments of laughter and silliness, finding time for grace, joy and peace. And always finding time for relaxation and reflection. While we won't all be together in person this year, we are making the best of it and hope you all will too.

We have reached our 100th Newsletter. We are so proud of our EndorphinGirl® Newsletters and grateful to ya'll for following along. This will be our final Newsletter of the year and also in this format. We are switching things up in 2021. We will share more about what's coming along with our 2020 Year-In-Review Newsletter in early January 2021. Ah just the sound of 2021 is music to our ears! We are so excited on many fronts.

It feels meaningful to be concluding with the last two of the seven main Chakras through some shared excerpts from the *EndorphinGirl® Chakra Handbook* as described through the eyes of one of the EndorphinGirls™. The higher chakras, when balanced, help us with clarity and purpose! Divine timing - read on. We hope you enjoy!

### Third-Eye Chakra & Crown Chakra

In [Newsletter 99](#) we wrote some about the Heart Chakra and the Throat Chakra, the fourth and fifth Chakras, respectively. EndorphinGirl® Clara shared some tools she uses to help find a balanced Heart Chakra, which when balanced allows you to shine your love and compassion in the world for yourself and others.

EndorphinGirl® Taylor shared some tools she uses to help find a balanced Throat Chakra, which when balanced helps you express yourself with integrity, clarity and authenticity.

The Heart Chakra acts as a center of integration between our lower and higher chakras. Our earlier experiences and our higher aspirations. Essentially it is a bridge to our higher chakras. Our Throat Chakra, the first of the three higher Chakras rules self-expression and allows us to

<p><b>Lynn - Third Eye Chakra</b></p>		<p><b>Alisha - Crown Chakra (Sahasrara)</b></p>	
<p><b>6th Chakra Attributes</b></p> <ul style="list-style-type: none"> <li>• <b>Location:</b> Between the two eyebrows on the forehead</li> <li>• <b>Color:</b> Indigo</li> <li>• <b>Sense:</b> The Mind</li> </ul>	<p><b>7th Chakra Attributes</b></p> <ul style="list-style-type: none"> <li>• <b>Location:</b> On the top of the head</li> <li>• <b>Color:</b> All colors, sometimes violet or white</li> <li>• <b>Sense:</b> No specific sense or pure state of being</li> </ul>	<p><b>Element:</b> Light</p> <ul style="list-style-type: none"> <li>• <b>Crystal:</b> Amethyst</li> <li>• <b>Essential oil:</b> Clary Sage</li> <li>• <b>Mudra:</b> Hridaya Mudra</li> </ul>	<p><b>Element:</b> Thought</p> <ul style="list-style-type: none"> <li>• <b>Crystal:</b> Clear Quartz</li> <li>• <b>Essential oil:</b> Santal</li> <li>• <b>Mudra:</b> Sahasrara Mudra or no specific name</li> </ul>

**Third-Eye Chakra:**

- Location: slightly above the physical eyes, in the center of the forehead
- Body parts: the eyes, brain, face, endocrine, and lymphatic system
- Center of: psychic ability, intuition; purifies negative energies and selfish thoughts
- Balanced: feeling open to new ideas and information; you are your own master; no fear of death, no attachment to material things; strong intuition
- Blocked/Imbalanced: non-assertiveness, afraid of success, egotistical

speak our truth in a way that others can hear it and to speak truth to receive harmony in mind and body.

We focus on the Third-Eye Chakra and the Crown Chakra this issue - the final two of the main higher Chakras. A balanced Third-Eye Chakra enhances intuition. And helps when receiving this info through our intuition to be able to interpret it meaningfully. Often allowing you to develop insight and find clarity, vision and wisdom more clearly. With a balanced Third-Eye Chakra, your purpose becomes clear and intuition becomes a guiding force.

**Crown Chakra:**

- Location: just above the top of the skull
- Body Parts: brain
- Center of: spirituality, enlightenment, energy, wisdom and knowledge, connection with a higher power or energy
- Balanced: ability to open up to a higher energy and/or energy of the universe; access to the unconscious and subconscious mind
- Blocked/Imbalanced: sense of frustration, no spark of joy, destructive feelings

The Crown Chakra is always developing and this allows you to have a deeper connection with your self, others and the universe. To find your own sense of bliss. One of our favorite things about the Crown Chakra is that when it is balanced it helps to release endorphins! Yes,

that's right - ENDORPHINS!

The first five Chakras (Root, Sacral, Solar Plexus, Heart and Throat) are all associated with elements - respectively earth, water, fire, air, and ether (or space). The last two chakras represent a state of transcendence and are thought to connect us beyond the earthly realm, so they are associated with the elements of light and cosmic energy.

EndorphinGirl® Lynn has been focusing on her Third-Eye Chakra, and she shares some of the tools she is using to keep her Third-Eye Chakra balanced.

EndorphinGirl® Alisha has been focusing on her Crown Chakra, and she shares some of the tools she is using to keep her Third-Eye Chakra balanced.

## EndorphinGirl® News

EG Barbara is busy with all things yoga, essential oils, Chakras and Reiki. She is working on some classes about the Chakras in early 2021, stay tuned. Meanwhile, you can find her schedule [here](#).

EG Mia is teaching a variety of yoga classes these days including Yoga in the Woods, Chair Yoga among a variety of others. If you are in the area and interested in a class with Mia in person or on Zoom, email her at [miakataistoyoga@gmail.com](mailto:miakataistoyoga@gmail.com). And check out her shop [here](#) for some of her other offerings.

And if you have not yet experienced one of EG Mia's online yoga classes in the stunning Finnish Lapland, give it a try. December's classes will be available on the 15th of the month. The changing seasons between September and December are just stunning. You can sign up for a monthly subscription or rent a single class on demand. Use this [link](#) to subscribe!

With the holidays approaching, perhaps now is the time to consider essential oils as a gift. You can learn more on our [instagram](#) and [website](#) or contact us at [endorphingirls@gmail.com](mailto:endorphingirls@gmail.com).

Finally, if you are intrigued about the Chakras, and looking for a copy of *The EndorphinGirl® Chakra Handbook*, this [link](#) can help you order. And keep a lookout for the upcoming class EG Barbara will teach.

## EGFam Updates

EndorphinGirl® Barbara is Stateside again. It was a bittersweet return given EndorphinDaughter™ Mia is still in Finland and she had a dang great time. Alas though, she is so glad to soon see EndorphinSon™ Erik in a few weeks!

EndorphinDaughter™ Mia is excited that Levi is back to normal ski conditions; she just enjoyed her first cross-country ski of the season - much more to follow. And all that snow just makes everything better! EndorphinSon™ Erik is gearing up for the cooler temps of NY for the holidays. Exciting! We hope you have enjoyed the Chakras Series. We have really enjoyed sharing it with you. Coming up next is our 2020 Year-In-Review. Be on the lookout for it in early January 2021! We believe only good things are ahead for all of us in 2021, until then, stay safe, healthy, and positive. What we give out in this world is what we get back. 😊 Enjoy your holiday season!

**Stay tuned for more adventures with EndorphinGirl®!**

